

# 1996-97 WILLAMETTE UNIVERSITY WOMEN'S TRACK & FIELD AND CROSS COUNTRY



Clockwise from top: Sophomore Beth Fitzgerald broke Willamette's 800-meter school record three times in the spring. Her time of 2:10.41 earned Fitzgerald a third-place finish at the NAIA championships. Sophomore Nikki Geist also broke the Bearcat school record in the pole vault, clearing 9-feet late in the year. Ocean Kuykendall (left) and Brook Dille ran on both relay teams in the spring. The 4x400 team recorded the fourth-best time in school history, while the 4x100 contingent ran the sixth-fastest time in Willamette history.



UNIVERSITY PRESIDENT (interim) .....	Bryan Johnston
DIRECTOR OF ATHLETICS.....	Bill Trenbeath
HEAD TRACK & FIELD COACH .....	Kelly Sullivan
ASSISTANT TRACK COACHES .....	Dr. Jim Brik, Gery Ellibee, Paul Wilson, Kim Boyce, John Gallagher
HEAD CROSS COUNTRY COACH .....	Kelly Sullivan
ASSISTANT CROSS COUNTRY COACHES ....	Garth Eliason, Chuck Bowles, Susan Gallagher, Rachel Sauder
SPORTS INFORMATION DIRECTOR.....	Cliff Voliva
ATHLETIC AFFILIATION .....	Northwest Conference of Independent Colleges (NCIC) National Association of Intercollegiate Athletics (NAIA) National Collegiate Athletic Association (NCAA)
SCHOOL COLORS .....	Cardinal & Old Gold
NICKNAME .....	Bearcats
ENROLLMENT .....	1,700
CROSS COUNTRY FACILITY .....	Bush's Pasture Park (5 & 8 kilometers)
TRACK & FIELD FACILITY .....	Charles Bowles Track at McCulloch Stadium 400-meter rubber latex-polyurethane track & runways

#### PREFACE

This booklet is intended to serve three purposes. First, it is a historical record of the 1996-97 Willamette University Track & Field and Cross Country teams. It is hoped that this "annual" will serve to recall the good athletic times we have had together. Second, the booklet serves to promote the two sports at Willamette. It is hoped that prospective student-athletes will obtain a better picture of the program from studying the book. And third, the information in this book contains all of the Willamette highlights in the sports over the years. It is hoped that the information enables the media to draw accurate accounts of this portion of Willamette history.

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## MEET HEAD COACH KELLY SULLIVAN

Kelly Sullivan, a star distance runner at Willamette University in the late 1970s, has returned to his alma mater as head cross country and track & field coach.

Sullivan had spent the past 12 years as head cross country and assistant track & field coach at Auburn University. While at Auburn, Sullivan coached 36 NCAA Division I All-Americans, a 1988 Olympian and American indoor record holder (Brian Abshire), and 1991 Olympic Sports Festival Steeplechase Champion Brian Jaeger. As an assistant coach during the 1997 track & field season at Willamette, Sullivan coached Beth Fitzgerald and Carrie Morales to school-record and NAIA All-America performances in the 800 and 1,500, respectively.

Sullivan said he resigned from Auburn in August of 1996 to be closer to his family. His parents live in Salem.

"It was time to get back home and spend some time with them," Sullivan said of his decision. "It was a very, very hard decision to leave Auburn. Auburn is a respected and prestigious university. I had some great kids and worked with two outstanding head coaches in track."

Sullivan first came to Willamette in the fall of 1977 after transferring from Clackamas Community College, where he was a junior college All-American in the steeplechase. As a senior at Willamette, he finished 12th in the NAIA cross country meet and third in the NAIA steeplechase. He owns the second-best steeplechase time (9:07.9) in Bearcat history.

"When I first came to Willamette, I did a lot of growing up," he added. "It was probably the most valuable 2 1/2 years that I had. Before I came here, I had no direction of what I wanted to do."

After graduating from Willamette in 1979, Sullivan returned to Clackamas CC, where he was head cross country and track & field coach from 1980-84. During his four years at Clackamas, he coached 42 NJCAA All-Americans and NJCAA national record-holders in the decathlon and indoor 3,000 meter run.

Now his career has come full-circle at Willamette, too.

"Bill Trenbeath (Willamette's athletic director) and I have stayed in touch over the years," said Sullivan. "I wouldn't have done this if I didn't feel the whole athletic program wasn't on the upward trend."

Sullivan, who grew up in Nehalem on the Oregon coast and graduated from Neah-Kah-Nie High School in 1975, is also heavily involved in cross country and

track & field on the administrative level. He is currently the Men's Development Long Distance Running Chair for USA Track & Field, and is 1st Vice-President of the NCAA Women's Cross Country Executive Committee.

### OTHER CAREER HIGHLIGHTS...

■ Brings 16 successful years of college coaching to Willamette — 12 years at NCAA Division I Auburn and four years at Clackamas Community College.

■ Over the past 12 years, Auburn has been considered one of the premier track & field programs in the country. Sullivan worked for eight years beside 1992 men's Olympic head coach Mel Rosen, and the past four years with 3-time Olympic sprinter and Gold medalist Harvey Glance.

■ During his 12 years at Auburn, Sullivan's distance runners held six SEC records.

■ Upon Sullivan's departure from Auburn, both men's and women's track & field and cross country teams were having their finest seasons. In 1994 and 1995, the women's cross country teams qualified for the NCAA Championships for the first time in school history. The women's teams were SEC runner-up in cross country, and indoor and outdoor track & field — all three teams being the best in school history. The women's indoor and outdoor track teams finished behind LSU, which went on to win NCAA Championships.

■ Over the last six years at Auburn, every indoor and outdoor distance record from the 800 meters to 10K were broke by the Lady Tigers. Also, every indoor and outdoor women's relay record has been broke in the past six years.

■ In 1995-96, Sullivan had six men and women qualify for the NCAA Outdoor Track & Field Championships, which were held in Eugene, Ore. Four of those six earned All-American honors.

■ At the U.S. Olympic Trials, two of the men's finalists in the steeplechase were coached by Sullivan, in addition to three other men's and women's finalists.

# TRACK & FIELD, CROSS COUNTRY AT WU

## **Introduction**

The following statements are made to acquaint prospective track & field and cross country women with the program at Willamette. Anyone interested in track & field or cross country is welcome. Individual and team success is our goal for each athlete. If we work hard together, we will be successful.

## **Eligibility**

One must be enrolled in 12 hours (three credits) when competing, having passed 24 hours in the previous two semesters, and maintain a cumulative g.p.a. of 2.00. A transfer from a junior college is eligible immediately if she did not attend a four-year college first. A transfer from a four-year college must wait 16 weeks before she becomes eligible, except for first-time transfers. A junior college transfer who attended a four-year college is eligible immediately if she graduates from the junior college prior to coming to Willamette.

## **Equipment**

The track clothing necessary to participate and compete in the Oregon weather is furnished to each athlete. Equipment for field events is supplied according to individual needs. We have an outstanding track & field facility on which to train and compete.

## **Training**

The cross country season starts with fall semester and track & field season begins with spring semester. Track & field participants not out for a fall sport will use good weather in the fall to set up an individual/group program with the coach. Practice times are from 3:30 to 5:30 p.m., at the stadium, but special arrangements can be made. Weekly workout schedules are posted for each event and the coaching staff works daily with each athlete in some way. The workouts are planned so each athlete can progress toward her potential in her event(s). Communication between coach and athlete is very important in making this progress possible.

## **Competition**

Standards have been established for all levels of competition. This includes meets with conference and neighboring schools, the Northwest Conference of Independent Colleges (NCIC) championships and the NAIA national championships. Our team goal is to win the NCIC championship and be represented well in the NAIA national meet.

## **Awards**

In cross country, one must participate in at least one-half of the meets and average three points per meet to letter. Points are based on one's place in the meet, with the number of teams in the meet governing the number of places that count (5 places/team). In track & field, one must do one of the following:

- score six points in a meet with a conference school;
- score a total of 15 points in all meets of the season;
- place in the conference;
- be recommended by the coach.

The awards are as follows:

First: "W" letter

Fourth: Blanket and lifetime pass to athletic events

# 1997 WU T&F RESULTS, TEAM MEMBERS, SEASON BESTS

## NORTHWEST CONFERENCE CHAMPIONSHIPS McMinnville, Ore. (Linfield College)

May 2-3 1. Pacific Lutheran 216.1; 2. Linfield 192; 3. Puget Sound 113; 4. George Fox 92.1;  
5. WILLAMETTE 72.6; 6. Whitworth 58; 7. Lewis & Clark 50; 8. Pacific 11.6; 9. Whitman 9.6.

### 1997 TEAM MEMBERS

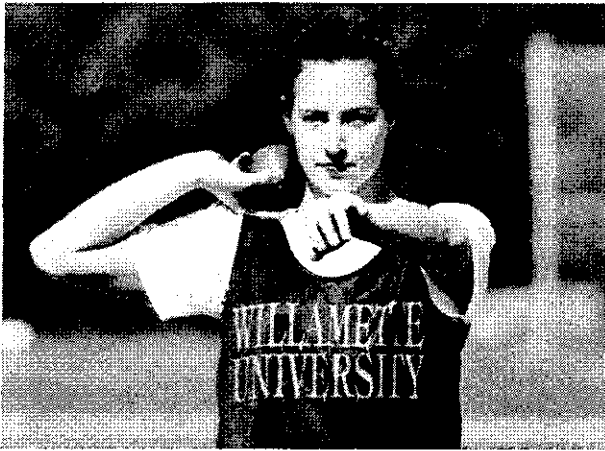
Kathi Aagaard	Brook Dille	Kristana Kinnett	Traci Shepard
Gina Ahnen	Sarah Eggleston	Ocean Kuykendall	Heather Sina
Amy Astle	Ellen Epperson	Carrie Morales	Suzie Sendelbach
Marianne Cole	Beth Fitzgerald	Lizz Ribbeck	Shannon Spani
Jamie Davis	Christy Gardner	Cindy Rosenberg	Christy Turnidge
Sarah Davis	Nikki Geist	Tonya Sanders	Rayona Weber
	J.J. Hurley	Megan Savage	

### 1997 OUTDOOR BESTS

<u>100</u>		<u>12.24</u>
Ocean Kuykendall .....		12.72
Brook Dille .....		12.96
 <u>200</u>		 <u>24.94</u>
Ocean Kuykendall .....		26.76
Cindy Rosenberg .....		26.98
J.J. Hurley .....		28.60
Christy Turnidge .....	(hept.)	29.36
 <u>400</u>		 <u>56.84</u>
Cindy Rosenberg .....		59.35
Beth Fitzgerald .....		1:02.94
Rayona Weber .....		1:04.74
Megan Savage .....		1:07.84
 <u>800</u>		 <u>2:16.00</u>
Beth Fitzgerald .....	*2:	10.41
Carrie Morales .....		2:16.33
Malia Greening .....		2:18.91
Sarah Eggleston .....		2:21.44
Kathi Aagaard .....		2:21.75
Rayona Weber .....		2:25.84
Kristana Kinnett .....	(hept.)	2:44.78
 <u>1,500</u>		 <u>4:42.24</u>
Carrie Morales .....	*4:	34.14
Sarah Eggleston .....		4:42.10
Malia Greening .....		4:56.16
Tonya Sanders .....		4:58.31
Rayona Weber .....		4:59.97
Lizz Ribbeck .....		5:17.79
Megan Savage .....		5:18.15

Marianne Cole .....	6:05.64
Kristana Kinnett .....	6:37.00
 <u>3,000</u>	 <u>10:22.24</u>
Tonya Sanders .....	10:40.79
Carrie Morales .....	10:47.04
Sarah Eggleston .....	10:50.94
Rayona Weber .....	11:11.56
Megan Savage .....	11:15.86
Lizz Ribbeck .....	11:52.31
Marianne Cole .....	12:56.59
Kristana Kinnett .....	13:18.80
 <u>5,000</u>	 <u>17:50.24</u>
Tonya Sanders .....	19:28.30
Lizz Ribbeck .....	20:49.68
 <u>10,000</u>	 <u>38:10.00</u>
Liz Ribbeck .....	42:33.08
 <u>4x100</u>	 <u>48.90</u>
J.J. Hurley .....	49.74
Cindy Rosenberg	
Brook Dille	
Ocean Kuykendall	
 <u>4x400</u>	 <u>3:56.00</u>
Brook Dille .....	4:01.24
Ocean Kuykendall	
Beth Fitzgerald	
Cindy Rosenberg	

(Continued on next page)



Sarah Davis

<u>High hurdles</u>	<u>14.90</u>
Traci Shepard .....	16.76
Christy Turnidge .....	17:21
Heather Sina .....	18.55
<u>Intermediate hurdles</u>	<u>1:03.44</u>
Christy Turnidge .....	1:11.85
<u>High jump</u>	<u>5-6</u>
Christy Turnidge .....	5-2
Jamie Davis .....	5-0 1/4
J.J. Hurley .....	4-4
<u>Long jump</u>	<u>18-6</u>
J.J. Hurley .....	16-0
Christy Turnidge .....	14-9 1/2
<u>Pole vault</u>	<u>9-6</u>
Nikki Geist .....	*9-0
Ellen Epperson .....	8-6
Traci Shepard .....	8-6
<u>Shot put</u>	<u>43-6</u>
Sarah Davis .....	38-8 1/2
J.J. Hurley .....	33-7
Suzie Sendelbach .....	31-7
Christy Turnidge .....	29-9 1/2

<u>Discus</u>	<u>138-0</u>
Sarah Davis .....	120-11
Suzie Sendelbach .....	90-7

<u>Javelin</u>	<u>135-0</u>
J.J. Hurley .....	78-8
Christy Turnidge .....	77-5

<u>Heptathlon</u>	<u>4,000</u>
Christy Turnidge .....	3397

NAIA qualifying mark at right of event

\* Denotes school record

(hept.) Denotes mark recorded during heptathlon

# WU ALL-TIME TOP 10 T&F PERFORMERS

## 100 METERS

1. Sonda Strong	11.88	1989
2. Ocean Kuykendall	12.47	1996
3. Tammy Moland	12.57	1984
4. Jessica Slavich	12.74	1983
Stephanie Payne	12.74	1988
6. Carolyn Leary	12.85	1994
7. Alisa Thomas	12.88	1987
8. Kim Klein	12.92	1986
9. Brook Dille	12.94	1996
10. Cindy Rosenberg	13.08	1995

## 200 METERS

1. Sonda Strong	24.60	1989
2. Sharon Canda	24.86	1976
3. Tammy Moland	25.57	1984
4. Mary Colbert	25.79	1993
5. Ocean Kuykendall	25.88	1996
6. Jessica Slavich	26.24	1983
7. Carolyn Leary	26.32	1994
8. Stephanie Payne	26.45	1988
9. Cindy Rosenberg	26.50	1995
10. Brook Dille	26.74	1996

## 400 METERS

1. Sharon Canda	54.82	1976
2. Tammy Moland	56.47	1984
3. Susan Gramson	58.34	1982
4. Amy Carlson	58.84	1993
5. Cindy Rosenberg	59.35	1997
6. Erin Weeks	59.50	1990
7. Barbara Canda	59.74	1979
8. Esther Colbert	59.97	1991
9. Jessica Slavich	60.04	1984
10. Kathi Aagaard	60.19	1995

## 800 METERS

1. Beth Fitzgerald	2:10.41	1997
2. Susan Gramson	2:14.04	1982
3. Carrie Morales	2:16.33	1997
4. Julie Blum	2:16.54	1985
5. Gayle Roth	2:17.44	1983
6. Jennifer Goettsche	2:18.27	1990
7. Esther Colbert	2:18.87	1995
8. Malia Greening	2:18.91	1997
9. Linda Robinson	2:19.64	1981
10. Cathy Nash	2:19.74	1981

## 1,500 METERS

1. Carrie Morales	4:34.14	1997
2. Kara Crisifulli	4:38.04	1986
3. Jennifer Goettsche	4:40.67	1989
4. Sarah Eggleston	4:42.10	1997
5. Alison Spens	4:46.94	1992

6. Jennifer Nielson	4:47.82	1986
7. Joanna Goth	4:52.94	1990
8. Kristin Peterson	4:53.44	1986
9. Cathy Nash	4:56.54	1982
10. Christi Colburn	4:56.84	1980

## 3,000 METERS

1. Kara Crisifulli	9:57.35	1985
2. Carrie Morales	10:09.63	1996
3. Jennifer Goettsche	10:16.24	1991
4. Kristin Peterson	10:22.44	1986
5. Alison Spens	10:37.55	1992
6. Holly Brown	10:38.54	1975
7. Tonya Sanders	10:40.79	1997
8. Marisa Nickle	10:42.73	1994
9. Jennifer Nielson	10:50.24	1986
10. Sarah Eggleston	10:50.94	1997

## 5,000 METERS

1. Kara Crisifulli	17:22.04	1985
2. Kristin Peterson	18:19.24	1987
3. Marilyn Fishback	18:24.74	1986
4. Marisa Nickle	18:35.24	1993
5. Christi Colburn	18:47.64	1980
6. Tracy Reisinger	18:49.94	1988
7. Jenny Sanders	18:59.94	1985
8. Carrie Morales	19:00.84	1995
9. Krista Dierks	19:05.24	1985
10. Tonya Sanders	19:28.30	1997

## 10,000 METERS

1. Kara Crisifulli	36:26.50	1986
2. Tracy Reisinger	38:25.84	1988
3. Jenny Sanders	40:01.04	1984
4. Marilyn Fishback	40:06.14	1985
5. Laura Thurston	41:22.74	1991
6. Sarah Eggleston	41:40.84	1995
7. Krista Dierks	42:04.24	1985
8. Lizz Ribbeck	42:33.08	1997
9. Carrie Cole	43:06.24	1994
10. Melisa Schuette	43:59.00	1992

## 100-METER HIGH HURDLES

1. Kate Proebstel	15.24	1989
2. Traci Shepard	15.96	1995
3. Cynthia Hoekstra	16.14	1983
Tiffany Andrews	16.14	1990
5. Gayle Roth	16.24	1984
Jennifer Schram	16.24	1988
Bobbi Clibbon	16.24	1989
8. Leslie Wickham	16.54	1980
9. Holly Brown	16.64	1975
10. Kelli Lang	16.74	1986

## 400-METER LOW HURDLES

1. Amy Carlson	1:02.98	1994
2. Elaine Kostrikin	1:04.45	1979
Tracy Cook	1:04.45	1990
4. Gayle Roth	1:04.74	1984
5. Anne Wilson	1:05.53	1994
6. Holly Brown	1:06.04	1975
7. Karla Harrison	1:07.18	1989
8. Carrie Hueberger	1:07.20	1995
9. Wendy Walker	1:07.39	1991
10. Brenda Owings	1:07.54	1978

## 4x100 RELAY

1. Payne, Buell, K. Jones, Strong	49.04	1989
2. Patillo, Rosenberg, Dille, Kuykendall	49.18	1996
3. Rosenberg, Carlson, Dille, Kuykendall	49.21	1995
4. Moland, Klein, Slavich, Boyd	49.44	1984
5. Carlson, Holly, Huff, M. Colbert	49.45	1992
6. Hurley, Rosenberg, Dille, Kuykendall	49.74	1997
7. Carlson, Holly, Huff, M. Colbert	49.91	1993
8. Moland, Slavich, Klein, Meredith	49.94	1984
9. Slavich, Moland, Klein, Robinson	50.04	1983
Payne, Buell, Thomas, Strong	50.04	1989
Wright, Weeks, Brown, Strong	50.04	1990

## 4x400 RELAY

1. Kuykendall, Rosenberg, Aagaard, Carlson	3:53.94	1995
2. Papulski, Wilson, Leary, Carlson	3:58.92	1994
3. Moland, Slavich, Meredith, Roth	4:00.54	1984
4. Dille, Kuykendall, Fitzgerald, Rosenberg	4:01.24	1997
5. Huff, M. Colbert, Carlson, Van Wagenen	4:01.46	1993
6. Blum, McKenzie, Klein, Blum	4:04.54	1985
7. Wright, Cook, Weeks, Strong	4:05.33	1990
8. Ryan, Wright, Harrison, Strong	4:05.56	1989

9. Wilson, Harvey, 4:06.96 1996  
Rosenberg, Kuykendall
10. Sweo, Nash, 4:07.04 1981  
Pollard, Rue

#### SHOT PUT

1. Carrie Pietig 48-11 3/4 1990
2. Saran Patillo 42-5 3/4 1993
3. Diana McDonald 42-3 1989
4. Sarah Davis 40-1 1995
5. Ann Davis 39-9 1/2 1981
6. Lea Bush 39-3 1/2 1986
7. Mea Frantz 39-3 1/2 1992
8. Chris Suess 37-3 1/2 1984
9. Theresa Church 36-11 1983
10. Jennifer Jacobi 36-8 1/2 1983

#### DISCUS

1. Carrie Pietig \*167-4 1990
2. Lea Bush 142-3 1989
3. Diana Hill 138-2 1984
4. Saran Patillo 137-0 1996
5. Diana McDonald 136-5 1988
6. Ann Davis 135-9 1982
7. Kathy Lane 129-3 1982
8. Mea Frantz 128-5 1993
9. Theresa Church 125-10 1983
10. Sarah Davis 125-1 1996

#### JAVELIN

1. Mea Frantz 159-8 1992
2. Kim Marsh 153-5 1982
3. Heidi Buckmaster 147-10 1989
4. Ann Davis 139-5 1982
5. Sue Ruff 132-4 1978
6. Wendy Walker 127-5 1991
7. Sandy Meredith 116-10 1984
8. Trina Pease 115-2 1984
9. Sharon Gaver 111-5 1984
10. Theresa Church 107-11 1980

#### HIGH JUMP

1. Laurie Lingel 5-5 1981
2. Amy Gakstatter 5-4 3/4 1986
3. Shannon Baird 5-4 1/4 1986
4. Leslie Wickman 5-4 1980
- Kim Trinidad 5-4 1982
- Kathy Moore 5-4 1984
7. Kristin Peterson 5-2 1995
- Erin Chambers 5-2 1996
- Christie Turnidge 5-2 1997
10. Emily Williams 5-1 1995

#### LONG JUMP

1. Saran Patillo 19-4 1/2 1996
2. Stephanie Libby 19-2 1992
3. Karla Jones 18-6 1/2 1986
4. Lara Wright 17-6 3/4 1990
5. Barbara Canda 17-6 1/2 1979

- Heather Holly 17-6 1/2 1992
7. Gayle Roth 16-11 3/4 1984
8. Carolyn Leary 16-11 1/2 1994
9. Mary Robinson 16-11 1/4 1983
10. Christie Turnidge 16-10 3/4 1996

#### TRIPLE JUMP

1. Lara Wright 38-6 1989
2. Heather Holly 36-4 1991
3. Wendy Walker 34-10 1990
4. Suzanne Allen 34-7 1988
5. Kathy Moore 32-1 1/2 1985
6. Traci Shepard 31-6 3/4 1995
7. Kay Haas 27-11 1985

#### POLE VAULT

1. Nikki Geist 9-0 1997
2. Ellen Epperson 8-6 1997
- Traci Shepard 8-6 1997
4. Elizabeth Christie 8-0 1996
- Anne Wilson 8-0 1996

#### HEPTATHLON

1. Gayle Roth 4,408 1984
2. Kim Trinidad 3,954 1984
3. Sandy Meredith 3,920 1984
4. Wendy Walker 3,794 1991
5. Christie Turnidge 3,763 1996
6. Virginia Reynolds 3,721 1982
7. Suzanne Allen 3,463 1988
8. Saran Patillo 3,286 1993
9. Kristin Peterson 3,155 1995
10. Traci Shepard 3,052 1996

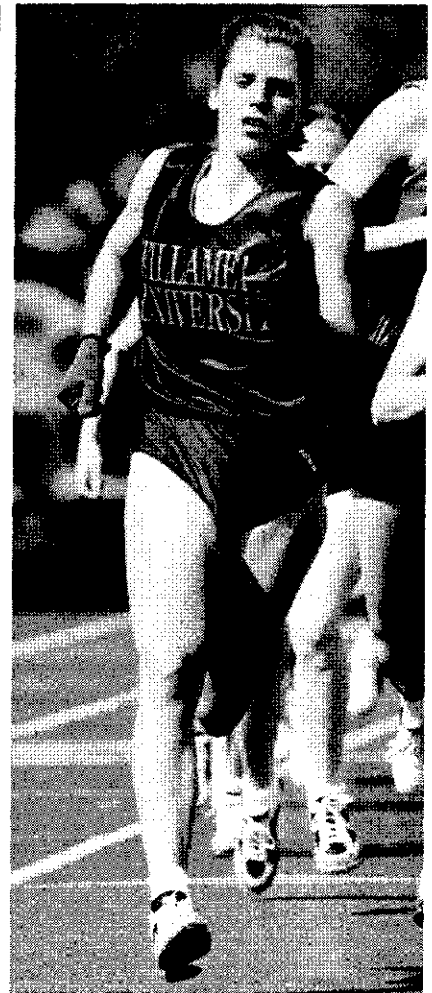
#### HALF MARATHON

1. Jennifer Goettsche 1:30:14.9 1991
2. Laura Thurston 1:32:15.0 1991

#### MARATHON

1. Laura Thurston 3:08:17 1989
2. Lizz Ribbeck 3:26:27 1995
3. Marie Watt 3:27:37 1988
4. Mary Helm 3:42:03 1984
5. Carrie Cole 3:45:22 1992
7. Tracy Reisinger 4:02:59 1986
8. Wendy VanMatre 4:24:14 1986

\* NAIA record



Carrie Morales

#### Most National Titles

Carrie Pietig 3

#### Most NCIC Titles

Sharon Canda 9  
Holly Brown 9

#### Most District Titles

Carrie Pietig 5

#### 4-time All-Americans

(same event)

H. Buckmaster JT 1987-90

#### 4-time District Champs

(same event)

Lara Wright TJ 1987-90

# WU T&F NCIC & DISTRICT CHAMPS, NAIA PLACERS

## NORTHWEST CONFERENCE

1967 Candy Lindskog	70LH, ST	1981 Laurie Lingel	HJ	1997 Beth Fitzgerald	800
1968 Candy Lindskog	50, ST, JT	Ann Davis	JT	<b>NAIA DISTRICT 2</b>	
1969 Candy Lindskog	ST, JT	1982 Ann Davis	DT	1982* Susan Gramson	400
Kay Conklin	50, 100	Kim Marsh	JT	1983 Jessica Slavich	200
Louise Rinehart	440	Kim Trinidad	HJ	Gayle Roth	800
1971 Kay Conklin	100, 440R	Susan Gramson	800	Spring Alexander	4x800
Barbara Brumme	440R	1983 Kim Trinidad	HJ	Cathy Jones	4x800
Linda Rhodes	440R	Jessica Slavich	200	Cathy Rose	4x800
Pheon Rivers	440R	Kara Crisifulli	5,000	Linda Robinson	4x800
1972 Jenny Cross	100, 200 LH, LJ, 440R	1984 Tammy Moland	400, 4x100, 4x400	1984 Tammy Moland	100, 200, MedR, 4x400
Linda Rhodes	440R	Kara Crisifulli	5,000	Jessica Slavich	400, MedR, 4x400
Pheon Rivers	440R	Jessica Slavich	4x100, 4x400	Gayle Roth	400H, MedR, 4x400
Nancy Mikkelsen	440R	Kim Klein	4x100	Kim Klein	MedR
1973 Holly Brown	100, 100mHH	Lee Boyd	4x100	Sandy Meredith	4x400
Cindy Moomaw	3,000	Gayle Roth	4x400	1985 Jeanette Blum	400
1974 Denise Marston	HJ (tie)	Sandy Meredith	4x400	Julie Blum	800
Dana Workman	HJ (tie), 440R	1985 Kara Crisifulli	5,000	1986 Lea Bush	DT
Holly Brown	100mHH, 440R	1986 Lea Bush	SP, DT	Kara Crisifulli	5,000
Jeri Wall	440R	Kara Crisifulli	5,000	Marilyn Fishback	10,000
Patty Blank	440R	Karla Jones	LJ	1987 Kristin Peterson	5,000
1975 Dana Workman	HJ	1987 Stephanie Payne	100	Lara Wright	TJ
Holly Brown	440mLH, 2 mile	Diana McDonald	SP	1988 Lara Wright	TJ
Wendy Kalahiki	100mHH	Lara Wright	TJ	1989 Sonda Strong	100, 200, 4x100
1976 Sharon Canda	220, 440, 440R, MR	Diana McDonald	DT	Carrie Pietig	SP, DT
Holly Brown	100HH, 400LH, MR	Lara Wright	TJ	Lara Wright	TJ
Kelly O'Neil	LJ, 440R	Tracy Reisinger	10,000	Stephanie Payne	4x100
Sue Ruff	SP, DT	1989 Sonda Strong	100, 200, 4x100	Karla Jones	4x100
Laurie Freeman	MR	Carrie Pietig	SP, DT	Kendra Buell	4x100
Debbie Cleaver	MR	Kendra Buell	4x100	Kendra Buell	4x100
Alice Hunsaker	440R	Stephanie Payne	4x100	1990 Carrie Pietig	SP
Shan Elich	440R	Karla Jones	4x100	Lara Wright	TJ
1977 Sharon Canda	100, 200, 400	1990 Sonda Strong	100, 200	Heidi Buckmaster	JT
Kathy May	440R, MR	Carrie Pietig	SP, DT	Tracy Cook	400H
Jan Rogers	440R, MR	Lara Wright	TJ	1991 Mea Frantz	JT
Alice Hunsaker	440R	Tiffanie Andrews	100HH	Carrie Pietig	SP, DT
Ginger Sturdervant	MR	1991 Carrie Pietig	SP	Jenny Goettsche	1500, 800
1978 Christi Colburn	1,500, 3,000	Jenny Goettsche	4x400	Tracy Cook	400H
Jan Rogers	400, MR	Kim Harper	4x400	1992 Stephanie Libby	LJ
Vicky Greany	800, MR	Esther Colbert	4x400	* NCWSA Division III meet	
Brenda Owings	400LH, MR	Tracy Cook	4x400	<b>NAIA MEET PLACE WINNERS</b>	
Sue Ruff	DT	1992 Stephanie Libby	LJ	1982* Kim Marsh	2nd JT
Beth Reinisch	MR	1993 Amy Carlson	400IH	Susan Gramson	2nd 800
1979 Ann Davis	JT, DT	1994 Mea Frantz	JT	Ann Davis	6th JT
Barbara Canda	400	Amy Carlson	400H, 4x400	1984 Kara Crisifulli	5th 5,000
Elaine Kostrikin	400LH	Lisa Papulski	4x400	1985** Kara Crisifulli	6th 5,000
1980 Christi Colburn	3,000	Anne Wilson	4x400		
Leslie Wickman	HJ	Carolyn Leary	4x400		
		1996 Ocean Kuykendall	100		
		Saran Patillo	LJ		

1986**	Lea Bush Karla Jones	5th DT 3rd LJ
1987**	Heidi Buckmaster Lara Wright	3rd JT 7th TJ
1988**	Heidi Buckmaster Lea Bush Carrie Pietig	4th JT 6th DT 7th DT
1989	Sonda Strong Heidi Buckmaster Lea Bush Lara Wright	4th 100 6th JT 7th DT 8th TJ
1990	Carrie Pietig Heidi Buckmaster Sonda Strong Jennifer Goettsche	1st SP, 1st DT 7th JT 8th 100 8th 1,500
1991	Carrie Pietig Mea Frantz	1st DT, 2nd SP 4th JT
1992	Mea Frantz Stephanie Libby	1st JT 5th LJ
1994	Mea Frantz Amy Carlson	4th JT 6th 400H
1995	Amy Carlson	4th 400H
1996	Carrie Morales	8th 3,000
1997	Carrie Morales Beth Fitzgerald Sarah Eggleston	3rd 1,500 3rd 800 8th 1,500

\* ALAW Division III meet

\*\* NCAA Division III meet



**Sarah Eggleston**

## WILLAMETTE T&F RECORDS

<u>EVENT</u>	<u>RECORD</u>	<u>HOLDER</u>	<u>YEAR</u>
100 meters	11.88	Sonda Strong	1989
200 meters	24.60	Sonda Strong	1989
400 meters	54.82	Sharon Canda	1976
800 meters	2:10.41	Beth Fitzgerald	1997
1,500 meters	4:34.14	Carrie Morales	1997
3,000 meters	9:57.35	Kara Crisifulli	1985
5,000 meters	17:22.04	Kara Crisifulli	1985
10,000 meters	36:26.50	Kara Crisifulli	1986
100-meter HH	15.24	Kate Proebstel	1989
400-meter LH	1:02.98	Amy Carlson	1994
4x100 relay	49.04	Stephanie Payne, Kendra Buell, Karla Jones, Sonda Strong	1989
4x400 relay	3:53.94	Kuykendall, Rosenberg, Aagaard, Carlson	1995
Shot put	48-11 3/4	Carrie Pietig	1990
Discus	*167-4	Carrie Pietig	1990
Javelin	159-8	Mea Frantz	1992
High jump	5-5	Laurie Lingel	1981
Long jump	19-4 1/4	Saran Patillo	1996
Triple jump	38-6	Lara Wright	1989
Pole Vault	9-0	Nikki Geist	1997
Pentathlon	2,939	Leslie Wickman	1980
Heptathlon	4,408	Gayle Roth	1984
Half marathon	1:30:14.9	Jenny Goettsche	1991
Marathon	3:08.17	Laura Thurston	1989

\* NAIA record

NOTE: All times converted to Accutrack.

## CHARLES BOWLES TRACK RECORDS

<u>EVENT</u>	<u>RECORD</u>	<u>HOLDER</u>	<u>SCHOOL</u>	<u>YEAR</u>
100 meters	12.06	Sheren Wegener	Western Oregon	1986
200 meters	25.04	Lorin Barnes	Flathead Valley	1979
400 meters	57.24	Leisa Puckett	Western Oregon	1990
800 meters	2:11.74	Teri Wierson	Sunset High School	1977
1,500 meters	4:25.54	Debbie Eide	Oregon Track Club	1982
3,000 meters	9:57.74	Bridget Cooke	Western Oregon	1983
5,000 meters	17:22.04	Kara Crisifulli	Willamette	1985
10,000 meters	37:45.24	Kathy Keller	University of Portland	1983
100-meter HH	14.74	Shelly Ransford	Lebanon High School	1978
400-meter LH	1:03.84	Shelly Bryson	Portland State	1991
4x100 relay	48.64	C. Hunt, Tobey, Greene, Puckett	Western Oregon	1990
4x400 relay	3:55.71		George Fox	1996
Shot put	48-1 1/2	Carrie Pietig	Willamette	1990
Discus	153-9	Kathy Gottberg	Western Oregon	1990
Javelin	161-7	Lynda Hughes	Unattached	1981
High jump	5-10	Carina Westover	Unattached	1983
Pole vault	10-0	Tracy Dahl	Humboldt State	1997
Long jump	19-4 1/4	Saran Patillo	Willamette	1996
Triple jump	37-5	Lara Wright	Willamette	1990
Heptathlon	4,919	Linda Hightower	Oregon Track Club	1983

NOTE: All times converted to Accutrak.

# WILLAMETTE UNIVERSITY INDOOR T&F RECORDS

<u>EVENT</u>	<u>RECORD</u>	<u>HOLDER</u>	<u>YEAR</u>
50 yards	6.74	Jessica Slavich	1983
	6.74	Kim Klein	1984
60 yards	7.64	Kelli Lang	1986
60 meters	9.04	Paula Stewart	1978
50-yard HH	9.54	Tamara Moland	1983
50-meter HH	8.74	Holly Brown	1973
55-meter HH	9.54	Cynthia Hoekstra	1983
300 meters	44.74	Janis Rue	1983
400 meters	1:04.74	Margie Morris	1983
440 yards	1:06.04	Kim Klein	1983
500 yards	1:11.94	Susan Gramson	1982
500 meters	1:23.84	Vicky Greany	1978
800 meters	2:23.24	Cathy Nash	1981
880 yards	2:31.34	Margie Morris	1983
1,000 yards	2:56.24	Margie Morris	1983
1,000 meters	3:14.74	Wendy Boren	1987
1,500 meters	5:29.24	Cathy Rose	1982
Mile	5:24.84	Kara Crisifulli	1984
3,000 meters	10:59.74	Kara Crisifulli	1983
Two miles	13:02.24	Kara Crisifulli	1983
4x440-yard relay	4:25.74	Jessica Slavich, Spring Alexander, Cathy Jones, Kim Klein	1983
4x800-meter relay	10:39.24	Cathy Jones, Cathy Rose, Spring Alexander, Margie Morris	1983
Shot put	42-9 1/2	Carrie Pietig	1991
Discus	131-11	Diana Hill	1984
High jump	5-4	Kathy Moore	1984
Long jump	15-7 1/2	Mary Robinson	1983
Triple jump	35-0	Heather Holly	1990

NOTE: All times converted to Accutrak.

## WILLAMETTE UNIVERSITY FRESHMEN T&F RECORDS

<u>EVENT</u>	<u>RECORD</u>	<u>HOLDER</u>	<u>YEAR</u>
100 meters	12.66	Ocean Kuykendall	1995
200 meters	24.86	Sharon Canda	1976
400 meters	54.82	Sharon Canda	1976
800 meters	2:14.04	Susan Gramson	1982
1,500 meters	4:52.36	Alison Spens	1991
3,000 meters	10:22.44	Kristin Peterson	1986
5,000 meters	18:26.74	Kara Crisifulli	1982
10,000 meters	40:01.04	Jenny Sanders	1984
100-meter HH	15.24	Kate Proebstel	1989
400-meter LH	1:04.45	Elaine Kostrikin	1979
		Tracy Cook	1990
4x100 relay	50.04	Jessica Slavich, Tammy Moland, Kim Klein, Mary Robinson	1983
Shot put	44-1 1/2	Carrie Pietig	1988
Discus	144-3	Carrie Pietig	1988
Javelin	153-5	Kim Marsh	1982
High jump	5-5	Laurie Lingel	1981
Long jump	18-6 1/2	Karla Jones	1986
Triple jump	36-11 1/2	Lara Wright	1987
Heptathlon	3,995	Gayle Roth	1983
Marathon	3:27.24	Laura Thurston	1988

NOTE: All times converted to Accutrak.

## NCIC T&F MEET RECORDS

<u>EVENT</u>	<u>RECORD</u>	<u>HOLDER</u>	<u>SCHOOL</u>	<u>YEAR</u>
100 meters	12.14	Sonda Strong	Willamette	1990
200 meters	24.75	Sonda Strong	Willamette	1990
400 meters	55.34	Kari Larsen	Lewis & Clark	1989
800 meters	2:11.53	Patty Ley	Pacific Lutheran	1992
1,500 meters	4:26.87	Patty Ley	Pacific Lutheran	1992
3,000 meters	9:49.34	Kristi Purdy	Pacific Lutheran	1982
5,000 meters	17:17.64	Dianne Johnson	Pacific Lutheran	1982
10,000 meters	37:22.40	Erin Wickham	Pacific Lutheran	1986
100-meter HH	14.46	Karen Andrade	Pacific Lutheran	1995
400-meter LH	1:02.83	Karen Andrade	Pacific Lutheran	1995
4x100 relay	47.21	Grimes, Cameron, Metzger, Lukinbill	Pacific Lutheran	1995
4x400 relay	3:53.26	Wilson, Hougen, Lewis, Ovalle	Pacific Lutheran	1990
Shot put	47-10 1/2	Carrie Pietig	Willamette	1989
Discus	146-6	Wendy Cordero	Pacific Lutheran	1993
Javelin	156-10	Regina Norris	Pacific	1985
Hammer	156-0	Corie Krueger	Pacific Lutheran	1997
High jump	5-7	Lisa Lind	Linfield	1989
Long jump	18-10 1/4	Stephanie Libby	Willamette	1992
Triple jump	38-10 1/2	Tiffany Duff	Linfield	1997
Pole vault	10-0	Karen Bureker	Lewis & Clark	1997
Heptathlon	4,362	Liz Stephens	George Fox	1996

NOTE: All times converted to Accutrak.

## DISTRICT 2 T&F MEET RECORDS

<u>EVENT</u>	<u>RECORD</u>	<u>HOLDER</u>	<u>SCHOOL</u>	<u>YEAR</u>
100 meters	12.06	Sheren Wegener	Western Oregon	1986
200 meters	24.77	Sheren Wegener	Western Oregon	1988
400 meters	56.40	Kari Larsen	Lewis & Clark	1988
800 meters	2:15.40	Lonna Larson	Western Oregon	1993
1,500 meters	4:28.61	Laura Johnson	Portland	1986
3,000 meters	9:33.84	Ann Manning	Portland	1985
5,000 meters	16:59.04	Clare Krill	Portland	1985
10,000 meters	37:21.95	Theresa Walton	Southern Oregon	1993
100-meter HH	14.62	Melanie Byrne	Southern Oregon	1988
400-meter LH	1:01.96	Jill Carrier	Southern Oregon	1994
4x100 relay	47.94	Becker, Bulgin, Marshall, Ewing	Western Oregon	1994
4x400 relay	3:57.20	Carrier, Hammock, Kevns, Harman	Southern Oregon	1992
Long jump	19-2	Alicia Marshall	Western Oregon	1994
High jump	5-10	Pam Emery	Western Oregon	1994
Triple jump	38-5 1/2	Alicia Marshall	Western Oregon	1994
Shot put	48-1 1/2	Carrie Pietig	Willamette	1990
Discus	148-8	Carrie Pietig	Willamette	1991
Javelin	156-0	Shannon Gates	Southern Oregon	1988
Heptathlon	4,993	Melanie Byrne	Southern Oregon	1990
4x800 relay	9:50.24	Healey, K. O'Leary, Young, Howard	Western Oregon	1985
Medley relay	1:47.24	Becker, Ewing, Marshall, Bulgin	Western Oregon	1994
Half marathon	1:23:25.24	Jill Beals	George Fox	1991
Marathon	3:06:47	Nadine Price	Linfield	1984

NOTE: All times converted to Accutrak.

NOTE: Meet discontinued in 1995.

## NAIA T&F MEET RECORDS

<u>EVENT</u>	<u>RECORD</u>	<u>HOLDER</u>	<u>SCHOOL</u>	<u>YEAR</u>
100 meters	11.42	Seventhedn Fynes	Southern-New Orleans	1994
200 meters	23.10	Seventhedn Fynes	Southern-New Orleans	1994
400 meters	51.44	Fatimat Yusuf	Azusa Pacific (Calif.)	1996
800 meters	2:03.89	Brit McRoberts	Simon Fraser (Canada)	1986
1,500 meters	4:16.56	Sarah Howell	Simon Fraser (Canada)	1992
3,000 meters	9:13.20	Sarah Howell	Simon Fraser (Canada)	1992
5,000 meters	16:44.48	Amy Giblin	Adams State (Colo.)	1992
10,000 meters	34.25.74	Jill Beals	George Fox (Ore.)	1992
100-meter HH	13.44	Catherine Pomales	Central State (Ohio)	1996
400-meter LH	55.14	Deon Hemmings	Central State (Ohio)	1993
4x100 relay	44.32	Edwards, Grant, Sterling, Pomales	Central State (Ohio)	1994
4x400 relay	3:33.96	Fynes, Cole, Morgridge, McKenzie	Southern-New Orleans	1994
4x800 relay	8:54.34	Scott, Redd, Thompson, Jackson	Texas Southern	1981
Sprint medley	1:39.32	Gamble, Edwards, Graham, Gabriel	Prairie View A&M (Texas)	1992
Shot put	50-4	Sharon Harrison	Prairie View A&M (Texas)	1986
Discus	174-1	Dagmar Flynt	Azusa Pacific (Calif.)	1996
Javelin	169-7	Barb Lashinski	Whitworth (Wash.)	1987
High jump	6-2 1/4	Latrese Johnson	Azusa Pacific (Calif.)	1991
Long jump	21-3 3/4	Raquel Andrews	Prairie View A&M (Texas)	1990
Triple jump	43-7 3/4	Yvette French	Prairie View A&M (Texas)	1997
3,000 racewalk	13:16.16	Jill Zenner	Cedarville (Ohio)	1997
Marathon	2:49.14	Amber Anderson	Midland Lutheran (Neb.)	1992
Heptathlon	5,626	Kim Vanderhoek	Simon Fraser (B.C., Canada)	1992

NOTE: All times converted to Accutrak.



# 1996 WU CROSS COUNTRY SUMMARY

Event: Linfield Invitational  
 Date: September 8, 1996  
 Distance: 5,000 meters  
 Location: Yamhill, Ore. (Flying M Ranch)  
 Winner: Carrie Morales, WU, 22:55  
 Entrants: 2 teams, 19 finishers

**TEAM RESULTS**

- 1. WILLAMETTE .....20
- 2. Linfield .....69

**WILLAMETTE FINISHERS**

- 1. Carrie Morales .....22:55
- 2. Tonya Sanders .....25:44
- 4. Erin Lynett .....25:54
- 5. Rayona Weber .....26:02
- 9. Kristana Kinnett .....26:40
- 13. Christy Gardner .....27:39
- 15. Emily Williams .....28:35
- 16. J.J. Hurley .....28:48
- 17. Gina Ahnen .....29:49

Event: Lewis & Clark Invitational  
 Date: September 14, 1996  
 Distance: 5,000 meters  
 Location: Estacada, Ore. (McIver Park)  
 Winner: Tanya Robinson, PLU, 18:29.8  
 Entrants: 8 teams, 77 finishers

**TEAM RESULTS**

- 1. Pacific Lutheran .....15
- 2. WILLAMETTE .....49
- 3. George Fox .....67
- 4. Lewis & Clark .....133
- 5. Redlands .....136
- 6. Pacific .....165

**WILLAMETTE FINISHERS**

- 5. Carrie Morales .....19:06.7
- 11. Tonya Sanders .....19:53.6
- 14. Emily Williams .....20:01.9
- 17. Amy Astle .....20:08.7
- 25. Erin Lynett .....20:36.0
- 35. Rayona Weber .....20:59.7
- 37. Kristana Kinnett .....21:01.5
- 41. Christy Gardner .....21:18.5

- 55. Megan Savage .....22:09.3
- 60. Melissa Lynett .....22:40.6
- 63. J.J. Hurley .....22:59.5
- 66. Gina Ahnen .....23:28.2
- 76. Marianne Cole .....25:27.6

Event: Mountain West Classic  
 Date: September 28, 1996  
 Distance: 6,000 meters  
 Location: Missoula, Mont. (UM Golf Course)  
 Winner: Amy Skieresz, Arizona, 20:22.0  
 Entrants: 15 teams, 127 finishers

**TEAM RESULTS**

- 1. Brigham Young .....24
- 2. Arizona .....56
- 3. B & B Harriers .....107
- 4. Washington State .....140
- 5. Idaho State .....151
- 6. Ricks JC .....153
- 7. Montana State .....172
- 8. Utah State .....188
- 9. Montana .....257
- 10. Gonzaga .....283
- 11. Idaho .....302
- 12. Eastern Washington .....378
- 13. Western Washington .....381
- 14. Montana State-Billings .....393
- 15. WILLAMETTE .....406

**WILLAMETTE FINISHERS**

- 81. Carrie Morales .....24:14.0
- 86. Amy Astle .....24:35.0
- 110. Tonya Sanders .....25:33.0
- 112. Rayona Weber .....25:39.0
- 115. Emily Williams .....25:54.0
- 124. Erin Lynett .....27:05.0
- 126. Kristana Kinnett .....27:32.0

Event: 22nd Willamette Invitational  
 Date: October 5, 1996  
 Distance: 5,000 meters  
 Location: Salem, Ore. (Bush's Pasture Park)  
 Winner: Lisa Karnopp, unat., 16:55.53  
 Entrants: 28 teams, 202 finishers



- 46. Megan Savage .....21:06.2
- 50. Erin Lynett .....21:18.1
- 61. Christy Gardner .....21:46.4
- 68. Kristana Kinnett .....22:08.1
- 79. J.J. Hurley .....22:38.1
- 86. Gina Ahnen .....22:56.2
- 93. Marianne Cole .....23:28.8



Event: 19th NCIC Championships  
 Date: November 2, 1996  
 Distance: 5,000 meters  
 Location: Salem, Ore. (Bush's Pasture Park)  
 Winner: Tanya Robinson, PLU, 17:59.38  
 Entrants: 9 teams, 80 finishers

TEAM RESULTS

- 1. Puget Sound .....28
- 2. Pacific Lutheran .....56
- 3. WILLAMETTE .....97
- 4. Whitman .....111
- 5. Whitworth .....154
- 6. George Fox .....164
- 7. Linfield .....170
- 8. Pacific .....193
- 9. Lewis & Clark .....205

WILLAMETTE FINISHERS

- 7. Carrie Morales .....18:23.56
- 17. Amy Astle .....19:09.64
- 21. Tonya Sanders .....19:18.67
- 24. Malia Greening .....19:22.43
- 29. Rayona Weber .....19:35.84
- 31. Emily Williams .....19:38.11
- 55. Erin Lynett .....20:35.28
- 62. Megan Savage .....20:50.99
- 69. Christy Gardner .....21:24.09
- 78. Kristana Kinnett .....23:27.47



Event: NAIA Championships  
 Date: November 16, 1996  
 Distance: 5,000 meters  
 Location: Kenosha, Wis. (National XC Course)  
 Winner: Cari Rampersad, SFU, 17:14  
 Entrants: 35 teams, 339 finishers

TEAM RESULTS

- 1. Simon Fraser (B.C.) .....75
- 2. Puget Sound (Wash.) .....114
- 3. Westmont (Calif.) .....172
- 4. Pacific Lutheran (Wash.) ....221

- 5. Berry (Ga.) .....225
- Cedarville (Ohio) .....225
- 7. Hillsdale (Mich.) .....246
- 8. Rio Grande (Ohio) .....268
- 9. Oklahoma Baptist .....347
- 10. Concordia (Neb.) .....355
- 11. Park (Mo.) .....388
- 12. Azusa Pacific (Calif.) .....421
- 13. Seattle (Wash.) .....432
- 14. Houghton (N.Y.) .....437
- 15. Siena Heights (Mich.) .....439
- 16. WILLAMETTE (Ore.) .....440
- 17. Western Washington .....441
- 18. Doane (Neb.) .....445
- 19. Nebraska Wesleyan .....474
- 20. Whitman (Wash.) .....481
- 21. Olivet Nazarene (Ill.) .....482
- 22. Malone (Ohio) .....489
- Dordt (Iowa) .....489
- 24. Jamestown (N.D.) .....518
- 25. Eastern Oregon .....668
- 26. Lindsey Wilson (Ky.) .....680
- 27. Lindenwood (Mo.) .....698
- 28. Clayton State (Ga.) .....713
- 29. Taylor (Ind.) .....751
- 30. Southern Nazarene (Okla.) 761
- 31. Mobile (Ala.) .....779
- 32. Cumberland (Ky.) .....799
- 33. Southwestern (Kan.) .....820
- 34. Georgian Court (N.J.) .....831
- 35. Southwestern Oklahoma ..1034

WILLAMETTE FINISHERS

- 53. Carrie Morales .....18:56
- 75. Amy Astle .....19:17
- 126. Malia Greening .....19:41
- 158. Tonya Sanders .....19:57
- 162. Emily Williams .....19:58
- 172. Rayona Weber .....20:04
- 283. Erin Lynett .....21:00

NOTE: Willamette's 1996 women's cross country team had a cumulative g.p.a. of 3.43 last fall, which ranked 13th in the NAIA. Both Erin Lynett and Emily Williams were named to the NAIA All-America Scholar-Athlete team.

1996 TEAM MEMBERS

- |                  |                |
|------------------|----------------|
| Gina Ahnen       | Erin Lynett    |
| Amy Astle        | Melissa Lynett |
| Marianne Cole    | Carrie Morales |
| Christy Gardner  | Tonya Sanders  |
| Malia Greening   | Megan Savage   |
| J.J. Hurley      | Rayona Weber   |
| Kristana Kinnett | Emily Williams |

## WU ALL-TIME TOP 10 XC PERFORMERS

### 5,000 METERS

1.	Kara Crisifulli	17:27.4
2.	Kristin Peterson	18:22.0
3.	Carrie Morales	18:23.56 (1996)
4.	Christi Colburn	18:28.0
5.	Tracy Reisinger	18:30.0
6.	Wendy Walker	18:32.8
7.	Jennifer Goettsche	18:33.0
8.	Susan Gramson	18:40.8
9.	Gayle Roth	18:50.1
10.	Joanna Goth	18:55.0

### 4,000 METERS

1.	Kara Crisifulli	14:08.0
2.	Tracy Reisinger	14:41.0
3.	Kristin Peterson	14:50.0
4.	Jennifer Goettsche	14:54.8
5.	Robin Mather	14:57.2
6.	Kelli Cammack	15:01.0
7.	Leslie Fridley	15:06.5
8.	Marilyn Fishback	15:10.3
9.	Kelly Thalman	15:13.0
	Beth Fitzgerald	15:13.0 (1995)

## WILLAMETTE XC PERFORMANCES AT NATIONALS

<u>YR.</u>	<u>TEAM CHAMPION</u>	<u>WU PLACE</u>	<u>HIGHEST WU FINISHER</u>
1981#	College of St. Thomas	13	Susan Gramson (97)
1982	Marquette (Wisc.)	no team	Kara Crisifulli (48)
1983	Simon Fraser (B.C.)	no team	*Kara Crisifulli (20)
1984	Wisconsin-Eau Claire	no team	*Kara Crisifulli (5)
1985	University of Portland	no team	*Kara Crisifulli (3)
1986	Wisconsin-Parkside	15	Kristin Peterson (53)
1989	Adams State (Colo.)	no team	Jennifer Goettsche (51)
1990	Western State (Colo.)	29	Joanna Goth (142)
1993	Puget Sound (Wash.)	no team	Marisa Nickle (75)
1995	Puget Sound (Wash.)	no team	Carrie Morales (34)
1996	Simon Fraser (B.C.)	16	Carrie Morales (53)

\* All-America

# AIAW Division III National Meet

# NORTHWEST CONFERENCE XC CHAMPIONSHIPS

<u>YR.</u>	<u>TEAM CHAMPION</u>	<u>WU PLACE</u>	<u>HIGHEST WU FINISHER (PLACE)</u>	<u>WU COACH</u>
1977	Linfield	2	Christi Colburn (2)	Jeanne Zumwalt
1978	Linfield	3	Christi Colburn (3)	Charles Bowles
1979	Linfield	4	Christi Colburn (4)	Charles Bowles
1980	Linfield	4	Cathy Nash (12)	Charles Bowles
1981	Pacific Lutheran	2	Susan Gramson (8)	Charles Bowles
1982	Pacific Lutheran	2	Gayle Roth (8)	Charles Bowles
1983	Pacific Lutheran	2	Kara Crisifulli (4)	Charles Bowles
1984	Pacific Lutheran	2	Kara Crisifulli (1)	Charles Bowles
1985	Pacific Lutheran	2	Kara Crisifulli (1)	Charles Bowles
1986	Pacific Lutheran	2	Kristin Peterson (5)	Charles Bowles
1987	Pacific Lutheran	5	Tracy Reisinger (7)	Charles Bowles
1988	Pacific Lutheran	5	Kelly Thalman (19)	Charles Bowles
1989	Pacific Lutheran	no team	Jennifer Goettsche (8)	Charles Bowles
1990	Pacific Lutheran	4	Joanna Goth (9)	Ken James
1991	Pacific Lutheran	3	Wendy Walker (7)	Ken James
1992	Pacific Lutheran	6	Marisa Nickle (27)	Ken James
1993	Whitman	5	Marisa Nickle (11)	Ken James
1994	Whitman	4	Carrie Morales (8)	Ken James
1995	Pacific Lutheran	5	Carrie Morales (5)	Ken James
1996	Puget Sound	3	Carrie Morales (7)	Ken James

## DISTRICT 2 XC CHAMPIONSHIPS

<u>YR.</u>	<u>TEAM CHAMPION</u>	<u>WU PLACE</u>	<u>HIGHEST WU FINISHER (PLACE)</u>	<u>WU COACH</u>
1978#	University of Oregon	no team	Christi Colburn (49)	Charles Bowles
1979#	Western Washington	5	Christi Colburn (6)	Charles Bowles
1980#	Western Washington	8	Mary Helm (25)	Charles Bowles
1981#	Pacific Lutheran	3	Susan Gramson (15)	Charles Bowles
1982	University of Portland	2	Kara Crisifulli (7)	Charles Bowles
1983	University of Portland	2	Kara Crisifulli (5)	Charles Bowles
1984	University of Portland	2	Kara Crisifulli (2)	Charles Bowles
1985	University of Portland	3	Kara Crisifulli (2)	Charles Bowles
1986	Western Oregon	2	Kristin Peterson (2)	Charles Bowles
1987	Western Oregon			
	*Claremont-Mudd Scripps	6	Tracy Reisinger (11)	Charles Bowles
1988	George Fox	4	Kelli Cammack (9)	Charles Bowles
1989	George Fox	7	Jennifer Goettsche (7)	Charles Bowles
1990	George Fox	2	Joanna Goth (7)	Ken James
1991	George Fox	7	Marisa Nickle (13)	Ken James
1992	George Fox	7	Marisa Nickle (28)	Ken James
1993	George Fox	4	Marisa Nickle (5)	Ken James
1994	District meets discontinued			

# NCWSA Regionals

\* NCAA Division 3 Regionals

## WU XC NCIC, DISTRICT 2 ALL-STARS

### NORTHWEST CONFERENCE

1977	Christi Colburn
1978	Christi Colburn
1979	Christi Colburn
1983	Kara Crisifulli
1984	Kara Crisifulli
1985	Kara Crisifulli
	Kristin Peterson
	Marilyn Fishback
1986	Kristin Peterson
	Tracy Reisinger
1987	Tracy Reisinger
1991	Wendy Walker
1995	Carrie Morales
1996	Carrie Morales

### NAIA DISTRICT 2

1982	Kara Crisifulli
1983	Kara Crisifulli
1984	Kara Crisifulli
1985	Kara Crisifulli
	Kristin Peterson
1986	Kristin Peterson
	Tracy Reisinger
1989	Jennifer Goettsche
1990	Joanna Goth
1993	Marisa Nickle
	DISCONTINUED

